# **DINNERLY**



## **Crunchy Chicken Schnitzel**

with Mash and Peas





35 minutes 2 Servings

Chicken schnitzel is one family favourite that never gets old. This smoky crispycrumbed chicken paired with soft, creamy mash and sweet peas is guaranteed to get everyone running to the table.

#### WHAT WE SEND

- · 5g smoky barbecue seasonina 17
- · 20g panko breadcrumbs 1
- 1 large free-range chicken breast fillet
- · 2 potatoes
- 150g peas

#### WHAT YOU NEED

- 2 tsp plain flour 1
- 1 egg 3
- · 20a butter 7
- · 2 tbs olive oil
- · 2 tbs barbecue sauce (optional)

#### **TOOLS**

- · medium saucepan
- potato masher
- · medium frypan
- · paper towel
- · small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

#### **ALLERGENS**

Gluten (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

#### **NUTRITION PER SERVING**

Energy 740kcal, Fat 31.1g, Carbs 60.9g, Proteins 48.6g



#### 1. Crumb chicken

Combine the barbecue seasoning and 2 tsp plain flour in a bowl. Whisk 1 egg in a shallow bowl. Put the **breadcrumbs** in a separate bowl. Put the chicken breast flat on a board. put your hand on top and halve horizontally into 2 equal fillets. Dust the chicken with the flour mixture, shake off the excess, then dip in the egg and coat in the breadcrumbs.



#### 2. Make mash

Peel the **potatoes** and cut into 2cm chunks. Put the potato in a medium saucepan of cold salted water and bring to the boil. Cook over medium heat for 10-12 mins until tender. Drain, then return to the pan. Mash the potato until smooth, add 10g butter, season with salt and pepper and stir until well combined.



### 3. Pan-fry schnitzel

Meanwhile, heat 2 tbs olive oil in a medium frypan over medium heat (see Kitchen 101). Cook the chicken for 4-5 mins each side until golden and cooked through. Remove from the pan and drain on paper towel.



Bring a small saucepan of salted water to the boil. Add the peas and cook for 2-3 mins until tender. Drain, then return to the pan. Add 10g butter and stir until melted.



5. Serve up

Divide the chicken, mash and peas amona plates and serve with 2 tbs barbecue sauce, if using. Enjoy!



6. Kitchen 101

Cooking the chicken over medium heat allows it to cook all the way through without burning, and gives it a nice golden crumb.

